








CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER 617-349-6060				806 Massachusetts Avenue Cambridge, MA 02139 617-349-6060	
OCTOBER 2013					
Breakfast Served <u>Monday –Thursday</u> 8:30 a.m. to 9:45 a.m. <u>Friday</u> 8:30 a.m. – 9:30 a.m. \$1.00 Donation Lunch: Reservations Required \$1.50 Donation Served <u>Monday –Thursday</u> 11:30a.m.-12:45 p.m. <u>Friday</u> 11:00 a.m. -11:30 a.m. <u>Saturday</u> 11:30-12:15					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12:00 Clay Sculpture 10:00-12:00 Senior Singers 10:00-11:30 Strength Training 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Classes 9:00 – 12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Classes 9:00 – 12:00 (Limited open lab access) ESOL (CLC) 9:30-11:00 Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Meditation 9:00-9:45 Ceramics 9:30-12:00 Noon Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.	Qi Gong 9:00-10:00 Computer Classes 9:00 – 12:00 (Limited open lab access) ESOL Chinese 9:00-10:30 Simplified Qi Gong –Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 Council on Aging closes at 12:00 pm. Senior Center closes at 3:00 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch Senior Center Closes at 1:00 pm.

SPECIAL EVENTS & ACTIVITES AT OUR CENTER OCTOBER 2013

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Workshop for Men</u> 10:00 -12:00 <u>Senior Safety Meeting</u> 12:30-1:30 	2 <u>Senior Pool League</u> Cambridge @ Billerica 1:00 	3 <u>Birthday Party</u> 1:00-2:00 <u>First Thursday-Writing Class</u> 1:30-2:30 <u>No Town Meeting</u>	4	5
7 <u>Book group & Tea</u> 3:00-3:30 Book: <i>Daddy's Gone A Hunting</i> By Mary Higgins Clark <u>Dinner & Bingo</u> 4:00-6:00 Dinner 4:00-Bingo 4:30	8 <u>Men's Breakfast</u> 9:00-10:30 Food Served until 9:30 Sign up in advance <u>Health & Wellness Lecture:</u> Topic "Safety Tips for Older Adults" 1:00-2:30	9 <u>Walking Club/Castle Island</u> 9:00-12:00 Weather permitting. <i>School bus transportation \$4.00.</i> <u>Blood Pressure</u> 1:00-1:30  <u>Jewelry Class</u> 1:30-3:00	10 <u>Musical Concert</u>  1:00-2:30 The Powers Music School Presents: <i>Benny and Beyond</i> <u>Senior Pool League</u> Cambridge @ Tewksbury 1:00	11 <u>Ladies' Breakfast</u> 9:00-10:30 Food Served until 9:30 <i>Sign up in advance</i>	12
14 HOLIDAY Open for Breakfast & Lunch Only	15 <u>Big Screen Movie</u> <i>The Intouchables</i>  Start Time: 1:00	16 <u>Walking Club/Banquet</u> 11:00-1:30 	17 <u>Fuel Assistance Talk</u> 1:00-2:00 <u>Department of Public Health</u> <u>Flu Clinic</u> 1:00-2:30 <u>Senior Pool League</u> Cambridge @ Chelmsford 1:00	18	19
21 <u>Painting Show & Artist Reception</u> 1:00-3:00	22 <u>Mysteries of the Cosmos</u> 1:30-2:30 Topic: A Voyage Beyond the Solar System	23 <u>Jewelry Class</u> 1:30-3:00	24 * <u>No Food Pantry</u> <u>Citywide Senior Center 18th Anniversary Party & Luncheon</u> 12:30-3:00 (meal served until 1:15) Ballroom tickets \$5, Dining room \$3 Entertainment by <i>Bobby Justin Band</i>	25 * NOTE: <u>Senior Pool League</u> October 24 Billerica @ Cambridge 1:00	26
28 <u>Halloween Party & Buffett</u> 4:30-6:00 Sign up required. Tickets \$2.00	29 <u>Books on Review</u> 1:00 - 1:30 <u>Blood Pressure</u> 2:30-3:00 Windsor House	30	31 <u>Health & Wellness Presentation</u> Presented by Mass College of Pharmacy 1:00-2:00 <u>Senior Pool League</u> Bedford @ Cambridge 1:00		